

**DIET APPLICATION FOR GAINING AN IDEAL WEIGHT**

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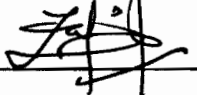
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## **Abstract**

*Obesity is considered as critical world-wide problem. In addition, it has a serious correlation with many health problems and diseases. This project contributes to solve the obesity problem. The application will provide diet schedules for users. Each schedule is suitable with certain terms which corresponding with certain user. The project focuses on UUM students. General methodology will be applied and used in this study. It consists of five phases including; awareness of the problem, suggestions, development, evaluation, and conclusion. A usability questionnaire is used to evaluate the acceptance of the respondents. The respondents are the UUM students who are obese. The data is analyzed using SPSS package. The mean and standard deviation is calculated for the data. The analysis revealed the proposed web-application is easy to use, has an acceptable interface, and enable the fast information retrieval. Overall, the users were satisfied of using the proposed web-application.*

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# **CHAPTER ONE**

## **INTRODUCTION**

### **1.0 Introduction**

Obesity is not only regarded as unbeautiful appearance but also is one of the global problems especially in developed countries. Malaysia suffers from obesity (Tsai et al., 2007). Recently, researches reveal high percentage of obese people in Malaysia. Obesity is a serious problem that faces communities. Obviously, obesity can be defined as the accumulation of fat in the human body. The accumulation of the fats has many ramifications on the human body. Among these ramifications, it leads for causing several physical and psychological problems to the obese person. Therefore, these problems need to be faced and cured in order to reduce the related risks on the individuals and the community.

Obesity is one of the main challenging that face people, countries and business. There are many attempts for reducing this critical problem. Among these attempts the development of web applications for guiding and helping people in the dealing with obesity. However, this study tries to come out with more beneficial and effective application for reducing weight by developed diet application for gaining an ideal weight. This application provides amount of calories needed for each user depend on his certain state. The application presents and provides a schedule of diet system to overcome obesity. The following section discusses the main issues related to obesity dilemma.

The contents of  
the thesis is for  
internal user  
only

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